

CanoeKayak BC Sprint Performance Program

November 2011

Goals

The CanoeKayak BC Performance Program will

- produce medalists at National Championships, Canada Summer Games and Western Canada Games events.
- recognize and support athletes who have a potential to make Junior, U23 and Senior Development and National Teams and who have shown a commitment to training to achieve this objective.
- successfully transfer our most talented athletes from the Midget and Juvenile age groups to become successful Senior National Team members.
- strive to deliver programs that integrate with CanoeKayak Canada, Canadian Sport Centre Pacific (CSC Pacific) and PacificSport Regional Centers.

Objectives

- Identify BC athletes by their level of performance
- Compare performances of athletes in different racing ages
- Compare performances of athletes in different disciplines
- Compare performances of athletes in different crews
- Be inclusive for both sexes, canoe and kayak disciplines and para canoe representation
- Provide project subsidies according to the athlete's level of performance (when available)
- Provide all CanoeKayak BC members with clear and transparent selection criteria that will focus on individual long term athlete development.

Identification

Athletes may be named to the High Performance Program by meeting one of the following criteria;

- National Team Selection/Identification or CKC Team Selection
- Achieving BC Performance Squad Time Standards
- Achieving BC Performance Standards

NOTE:

- Athletes achieving time standards prior to the National Championships will be noted as 'pending', however for program funding purposes the squad nomination will be effective immediately and will include the event in which the athlete achieved the standard.

SELECTION CRITERIA:

Podium

- Athletes targeted by Podium Canada (Tier 1) will be identified as Podium athletes.

Canadian Elite

- Athletes targeted by Podium Canada (Tier 2) and those who currently receive Sport Canada Athlete Assistance Program funding will be identified as Canadian Elite athletes.

Canadian Development

Level 1

- Athletes who compete on the senior national team in eligible events who do not receive Sport Canada Athlete Assistance program funding OR
- Athletes named to the Senior National or Senior Development Team in eligible events

CanoeKayak BC Sprint Performance Program

November 2011

Level 1a

- Athletes who have represented Canada at an International event AND
- Competed at age appropriate national championships

NOTE: These athletes typically represent Canada at international events and possess physical and mental attributes that are consistent with the highest performing athletes in the sport.

Provincial Development

Level 2

- Provincial elite athletes who are tracking towards level 1 according to sport specific development pathway (LTAD) AND
- Competed at age appropriate national championships AND
- Consistently performing within 20% at national championships in a singles event AND
- Have been on the performance athlete pathway in the sport for a minimum of 2 years (submitted goals/performance tracking tool) AND/OR
- Nominated by CKC to a Junior Development Team

Level 3

- Provincial elite athletes who are tracking towards level 2 according to sport specific development pathway (LTAD) AND
- Competed at age appropriate national championships AND
- Achieves a time standard listed below at an approved event OR
- National Team Trials - Qualifies for an A final in either Senior or Junior singles category (if there are no heats to create finals in order to have deemed to have achieved this standard the athlete must be within the top 56% of all boats in the event) OR
- National Championships – Qualifying for a final in Midget, Juvenile, Junior or Senior singles category (if there are no heats to create finals in order to have deemed to have achieved this standard the athlete must be within the top 56% of all boats in the event). Midgets competing in the 6000m event are deemed to have achieved a Level 3 standard by finishing in the top 9 in the event.
- Have been on the high performance athlete pathway in the sport for a minimum of 2 years (submitted goals/performance tracking tool)

Provincial Level 3 Time Standards

Group/ Boat	200 singles	500 singles	1000 singles	500 doubles	1000 doubles
Senior Men Kayak	Performance based results	1:44.00 (U23 1:43.00)	3:42.00 (U23 3:40.00)	1:35.00 (U23 1:33.50)	3:25.00 (U23 3:19.50)
Senior Men Kayak 1st Yr		1:45.00	3:45.00	1:36.00	3:27.00
Senior Women Kayak		1:58.00 (U23 1:57.00)	4:10.00	1:50.00 (U23 1:47.50)	3:52.00
Senior Women Kayak 1st Yr		1:59.00	4:14.00	1:52.00	3:54.00
Senior Men Canoe		1:58.00 (U23 1:55.50)	4:10.00 (U23 4:03.00)	1:49.00 (U23 1:47.50)	3:49.00 (U23 3:43.50)
Senior Men Canoe 1st Yr		1:59.00	4:14.00	1:50.00	3:50.00
Senior Women Canoe		2:24.00	4:58.00	2:10.00	4:38.00
Senior Women Canoe 1st Yr		2:25.00	5:00.00	2:14.00	4:42.00
Juvenile Men Kayak		Performance based results	1:46.00 (U18 1:44.00)	3:47.00 (U18 3:45.00)	1:37.00 (U18 1:35.00)
Juvenile Men Kayak 1st Yr	1:48.00 (U17 1:45.00)		3:50.00 (U17 3:47.00)	1:38.00 (U17 1:36.00)	3:32.00 (U17 3:29.00)
Juvenile Women Kayak	2:02.00 (U18 1:59.00)		4:20.00 (U18 4:12.00)	1:52.00 (U18 1:50.00)	4:00.00 (U18 3:52.00)
Juvenile Women Kayak 1 st Yr	2:04.00 (U17 2:00.00)		4:22.00 (U17 4:14.00)	1:54.00 (U17 1:51.00)	4:02.00 (U17 3:54.00)
Juvenile Men Canoe	2:02.00 (U18 1:55.50)		4:20.00 (U18 4:11.00)	1:52.00 (U18 1:49.00)	4:00.00 (U18 3:50.00)
Juvenile Men Canoe 1st Yr	2:04.00 (U17 1:59.00)		4:22.00 (U17 4:13.00)	1:54.00 (U17 1:50.00)	4:02.00 (U17 3:52.00)
Juvenile Women Canoe	2:28.00		5:06.00	2:16.00	4:44.00
Juvenile Women Canoe 1st Yr	2:30.00		5:10.00	2:18.00	4:50.00

CanoeKayak BC Sprint Performance Program

November 2011

		In Juv. races		In Juv. races	
Midget Men Kayak	Performance based results	1:52.00	4:00.00	1:42.00	3:44.00
Midget Men Kayak 1st Year		1:54.00	4:04.00	1:44.00	3:48.00
Midget Women Kayak		2:10.00	4:28.00	1:58.00	4:10.00
Midget Women Kayak 1st Year		2:11.00	4:32.00	2:00.00	4:12.00
Midget Men Canoe		2:10.00	4:30.00	2:00.00	4:10.00
Midget Men Canoe 1st Year		2:11.00	4:32.00	2:02.00	4:12.00
Midget Women Canoe		2:37.00	5:20.00	2:24.00	5:00.00
Midget Women Canoe 1st Year		2:40.00	5:30.00	2:30.00	5:10.00

Regional Development

Level 4

- Regional elite athletes who are tracking towards level 3 according to sport specific development pathway (LTAD)
- Competed at age appropriate national championships
- Achieves a time standard listed below at an approved event OR
- National Team Trials - Qualifies for a B final in Senior (with a minimum of 6 Sport Canada Carded athletes competing) singles category. In the case of women's canoe, athletes must finish in the top 8 of the A Final.
- National Championships – Qualifying top 5 in an 'A' final in Midget, Juvenile, Junior or Senior doubles category or qualifying top 3 in an 'A' final in Midget, Juvenile or Seniors fours category. In the case of women's canoe, only midget and juvenile events will be eligible for this standard
- Have been on the high performance athlete pathway in the sport for a minimum of 2 years (submitted goals/performance tracking tool)

Regional Level 4 Time Standards

Group/ Boat		200m singles	500 singles	1000 singles	500 doubles	1000 doubles
Senior Men Kayak	Performance based results		1:46.00	3:46.00	1:36.00	3:30.00
Senior Men Kayak 1st Yr			1:47.00	3:48.00	1:38.00	3:32.00
Senior Women Kayak			2:00.00	4:14.00	1:51.00	3:52.00
Senior Women Kayak 1st Yr			2:01.00	4:16.00	1:52.00	3:56.00
Senior Men Canoe			2:00.00	4:14.00	1:51.00	3:52.00
Senior Men Canoe 1st Yr			2:01.00	4:16.00	1:52.00	3:56.00
Senior Women Canoe			2:28.00	5:06.00	2:18.00	4:50.00
Senior Women Canoe 1st Yr			2:30.00	5:10.00	2:20.00	4:54.00
Juvenile Men Kayak	Performance based results		1:50.00	3:52.00	1:39.00	3:34.00
Juvenile Men Kayak 1st Year			1:52.00	3:54.00	1:41.00	3:36.00
Juvenile Women Kayak			2:06.00	4:28.00	1:56.00	4:08.00
Juvenile Women Kayak 1stYr			2:08.00	4:30.00	1:58.00	4:10.00
Juvenile Men Canoe			2:09.00	4:32.00	1:58.00	4:08.00
Juvenile Men Canoe 1st Year			2:10.00	4:36.00	2:00.00	4:10.00
Juvenile Women Canoe			2:32.00	5:12.00	2:22.00	4:56.00
Juvenile Women Canoe 1st Yr			2:38.00	5:20.00	2:30.00	5:12.00
Midget Men Kayak	Performance based results		In Juv. races 1:58.00	4:12.00	In Juv. races 1:49.00	3:54.00
Midget Men Kayak 1st Year			2:00.00	4:20.00	1:54.00	4:02.00
Midget Women Kayak			2:10.00	4:39.00	2:04.00	4:16.00
Midget Women Kayak 1st Yr			2:12.00	4:42.00	2:06.00	4:20.00
Midget Men Canoe			2:15.00	4:40.00	2:08.00	4:20.00
Midget Men Canoe 1st Year			2:20.00	4:42.00	2:12.00	4:24.00
Midget Women Canoe			2:40.00	5:45.00	2:36.00	5:10.00
Midget Women Canoe 1st Yr			2:50.00	5:55.00	2:42.00	5:30.00

CanoeKayak BC Sprint Performance Program

November 2011

Level 5

- Regional elite athletes who are tracking towards level 4 according to sport specific development pathway (LTAD)
- Competed at age appropriate national championships
- Achieves a time standard listed below at an approved event
- Have been on the high performance athlete pathway in the sport for a minimum of 1 year (submitted goals/performance tracking tool)
- NOTE: Fraser Valley athletes may only be nominated as a Level 5 regional athlete for one year. In subsequent years they must achieve a Level 4 regional status.

Regional Level 5 Time Standards

Group/ Boat	500 singles	1000 singles	500 doubles	1000 doubles
<u>SENIORS</u>				
Men Kayak	1:51.00	3:51.00	Not eligible for Performance Standards	Not eligible for Performance Standards
Women Kayak	2:04.00	4:22.00		
Men Canoe	2:04.00	4:22.00		
Women Canoe	2:34.00	5:25.00		
<u>Juvenile (2nd and 1st year)</u>				
Men Kayak	1:55.00	3:58.00	Not eligible for Performance Standards	Not eligible for Performance Standards
Women Kayak	2:10.00	4:38.00		
Men Canoe	2:12.00	4:44.00		
Women Canoe	2:40.00	5:30.00		
<u>Midget 2nd Year</u>				
Men Kayak	2:05.00	4:24.00	1:56.00	4:08.00
Women Kayak	2:15.00	4:50.00	2:08.00	4:30.00
Men Canoe	2:30.00	5:10.00	2:20.00	4:50.00
Women Canoe	3:00.00	6:15.00	2:50.00	5:50.00
<u>Midget 1st Year (1993)</u>				
Men Kayak	2:10.00	4:30.00	1:58.00	4:10.00
Women Kayak	2:17.00	4:56.00	2:12.00	4:34.00
Men Canoe	2:38.00	5:16.00	2:28.00	4:50.00
Women Canoe	3:10.00	6:25.00	2:54.00	6:00.00

Each athlete will have multiple opportunities throughout the competitive season to demonstrate his/her level of performance. The following sites have been approved because they have hosted National Championships or International Championship events.

- National Team Trials
- Ted Houk Regatta (Seattle)
- Canada Day Regatta (Regina)
- Lake Placid International Regatta
- BC Championships/National Qualifiers Regatta (Burnaby)
- National Championships
- USACK Championships

Athletes competing at events with a valid survey certificate and not listed above, may send a letter to the Technical Committee requesting that the competition be considered.

Removal Process

Athletes nominated as Performance athletes must be accountable.

CanoeKayak BC Sprint Performance Program

November 2011

- Athletes are expected to submit a signed Code of Conduct by April 1st of each year
- Athletes must post an up to date Athlete Profile on the CKBC website by November 30th of each year
- ALL nominated athletes are expected to participate in Fall and Winter Testing
- Juvenile and Junior 'age eligible' athletes must participate in Team BC trials in the year of Canada Games in order to achieve and maintain a nomination to the Performance Program the following year.
- Training diaries must be made available upon request
- Goals and performance tracking submissions must be completed each fall as requested

Removal decisions shall be made following consultation with the Technical Committee.

An athlete who is facing removal will be officially noticed in writing by the High Performance Director about risk of removal. This is in order to help athlete to correct the situation.

Appeals

Appeals must be made in writing and delivered to the CANOEKAYAKBC Office.

The Appeal will be heard by a panel made up of the Vice President High Performance, the President/Flag Officer and a third party named by the CKBC Executive.

At any time during the review/appeal process, the athlete may be required to provide evidence demonstrating satisfactory achievement in each of the three selection components.